

## ABSTRACT OF THE DISCLOSURE

A self-powered fitness device to simulate various types of stepping motions is provided. The device includes a frame (10), a guide (20) movably associated with the frame, and first and second foot supports (22a, 22b) coupled to the guide. The device  
5 further includes a generator (32) coupled to the first and second foot supports, which is actuated to produce power by the user's stepping motions. The device also includes a battery coupled to the generator to store at least part of the power produced by the generator. Finally, the device includes a lift system (24) for automatically changing at least one of the elevation and the angular orientation of the guide relative to the frame.  
10 Since the lift system is powered by both the generator and the battery, actuation of the lift system will not alter the resistance to the user pedaling the foot supports during exercising.